



The purpose of **Nonviolent Communication** is to create and maintain the quality of connection where

everyone's needs are met

Self expression
honesty

without criticism

Receiving with
empathy

not agreement

observation
feeling
need
request

What is
alive in me?

What is
alive in you?

What action would
enrich your life?

What action would
enrich my life?

Being right or enjoying life?

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Feelings when my needs are met

- amazed
- cheerful
- comfortable
- content
- delighted
- enthusiastic
- grateful
- hopeful
- inspired
- interested
- joyful
- moved
- relieved
- satisfied
- surprised
- thankful
- touched
- warm

Feelings when my needs are not met

- afraid
- anxious
- apprehensive
- concerned
- confused
- disappointed
- disgusted
- embarrassed
- exhausted
- fearful
- helpless
- hesitant
- hopeless
- horrified
- lonely
- overwhelmed
- sad
- worried

Needs Inventory

Welfare

- aliveness
- beauty
- comfort
- enjoying life
- safety
- fun
- self-development
- peace

Self actualization

- challenge
- creativity
- evolution
- inspiration
- learning

Autonomy

- choice
- freedom

Meaning

- connection
- contribution
- serving life

Self-esteem

- dignity
- love
- self-acceptance

Physical Sustenance

- air, liquid
- nurture
- sexuality

Social Connection

- belonging
- care
- clarity
- closeness
- equal opportunities
- honesty
- intimacy
- mutuality
- restoration
- support
- tenderness
- understanding
- warmth
- feedback
(celebration or mourning)